



AIR PARK SUMMER DAY CAMP

Week #3

Week 2 consisted of bowling and an introduction to disc golf. Campers learned the basic rules and fundamentals which will be used frequently throughout the summer. The library came to visit this week to get campers signed up and excited for summer reading! We will continue to visit the library weekly.

Week 3 will focus on team sports. Our afternoons will focus on learning the fundamentals of popular team sports– soccer, basketball, volleyball, etc. We will spend time as a group playing large and small group variations of these games. Our week will wrap up with a field trip on Friday to Champions for a round of miniature golf.

We will also be busy making friendship bracelets and bead animals; learning about healthy meal choices and exercise with the OrganWise guys; and doing an awesome science experiment.

Our campers will also be contributing to Air Park Recreation Center! Together the campers will construct and decorate an outside bench as well as tending to the garden and growing fruits and veggies!



A few reminders from the staff:

- Tennis shoes are necessary during summer day camp given the amount of physical fitness and walking we do daily.
- Swim days are Monday, Wednesday, & Thursday from 10:45 AM to 12:15 PM. Don't forget your SUNSCREEN, TOWEL, & SWIMSUIT.
- Please bring WATER daily. **We can provide a water bottle if needed**, but please make sure it gets filled each morning. We want our campers to stay hydrated!
- Feel free to send your camper with a pair of sunglasses. Eye protection is just as important as skin protection.
- **To reduce the chance of sunburn please bring your child to program with a bottle of sunscreen labeled with the camper's name that we can keep at the center for daily activities.**



Saturday, June 14th 9:00am-3:00pm
Celebrating the past, present and future of Lincoln's Air Park community.

Reminder... Payments are DUE not later than the end of the day the first day of each week.

Cash Payments will only be accepted from an adult, and a receipt will be written at the time payment is made.

Check payments can be made on site. Make checks payable to Lincoln Parks & Recreation. Credit card payments can be made over the phone or at Air Park Rec. Center during open hours.

FUNdamental
healthy me
A focused program where youth grow

AIR PARK RECREATION CENTER SUMMER DAY CAMP

June 4, 2014



Dear Air Park Grades 3-4 Day Camp Parent:

Lincoln Parks and Recreation received a grant through the National Recreation and Park Association (NRPA) to support the healthy living goals of our “FUNdamental Health Me” day camps. The grant is part of NRPA's new campaign, Commit to Health, which encourages the implementation and evaluation of healthy eating and physical activity standards in park and recreation sites across the country.

A portion of the grant allows us to incorporate The OrganWise Guys, a fun, evidence-based nutrition and healthy living curriculum into existing day camp programming. **Our grades 3-4 campers have also been selected to participate in a nationwide evaluation of the program in order to understand how their knowledge, attitudes, and behaviors are affected.**

For this project to be a success, we need the help of Air Park parents:

Please take a moment to sign the consent form at the front counter to allow your child to take a survey.

Parents of grades 3-4 campers are also asked to take the enclosed Commit to Health survey as part of the evaluation. Return the completed parent survey to the rec. center.

Your participation is greatly appreciated! Please let me know if you have questions about the grant, program activities and evaluation, or anything about Air Park Day Camp in general.

Sincerely,

Ryan Mohling
Center Director

